

# Brussel Sprouts Salad

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Recipe adapted from *myrecipes.com*

*Provided by the Auburn Interfaith Food Closet*

SERVES: 3 (1 cup serving size)

PREP TIME: 10 minutes    TOTAL TIME: 10 minutes



## INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 tablespoon apple cider vinegar
- 1/4 teaspoon Dijon mustard
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon salt
- 3 cups salad greens
- 1 cup very thinly sliced fresh Brussel sprouts
- 1/2 cup diced fresh tomatoes

**Optional ingredients**, to taste: Sliced apples, dried cranberries, sliced grapes, chopped almonds, walnuts pieces, blue cheese crumbles, parmesan, pomegranate seeds

## DIRECTIONS:

1. Combine oil, vinegar, mustard, pepper and salt in a medium bowl, stirring with a whisk.
2. Add greens, Brussel sprouts, and tomatoes. Toss. Top with the optional ingredients of your choice.
3. Refrigerate until serving.



[www.auburnfoodcloset.org](http://www.auburnfoodcloset.org)